



*Darius Barazandeh presents,*

## **You Wealth Revolution Shift 2012**



**Interview with Suzanna Kennedy**

**June 27, 2012**

**Topic: Consciousness Rising: Purify Your Energy Body, Raise Your Vibration**

Darius: Hello and welcome everyone. This is Darius Barazandeh. You're tuning into the *You Wealth Revolution Shift 2012* and as somebody wrote in... Mary said, "Darius, we missed you over the weekend. I am so ready for a great show." Thank you, Mary and so am I and we all are. It is going to be an incredible week and it's going to be an incredible time.

We are going to be talking about one of the things that I think so many people have asked us about and have been so hungry for, which is this idea of energetic detox and really letting go of energetic frequencies that no longer serve us and they could be toxic to our ascension.

The expert on that is Suzanna Kennedy. She is going to be sharing with us what this means, how this works, how we can begin to do it. Maybe some exercises as well as we begin to detox and then activate and you're going to be able to understand that synchronous process of doing that and why it is so important. So I know at the end of this call I am going to be a very different person. I'm going to be the real person that I've always been and more connected to that and I know many of you will as well.

So what I would love so much in my heart as we continue... and then last week we had some of the most magnificent calls I've ever experienced with awakenings and things that would be the closest things to miracles that I could have ever imagined and many of you know exactly what I'm talking about.

Let's all just hold the intention right now that what we do this week is going to be so magical, so powerful, that we eclipse anything that was ever thought possible on the *You Wealth Revolution*, that we stretch the envelope even further so that more people can experience who they really are, can live life totally on their own terms and in their own power.

Being in your own power as a human being is really what my core mission in life is about. It's really what drives my soul. It's why I'm here because we have it. We have this ability and we, as beings now in 2012 and beyond, we are turning this on. It's not a matter of we must and we need to. It's happening. It's happening to you by virtue of being here and it's going to happen in a bigger and bigger way.

Now, we're going to be talking about Consciousness Rising: How to Purify. Now, I want everyone to write that word down. Purify your energy body and raise your vibration.

Suzanna Kennedy is the founder of Reality Crafting Institute and the author of the book, *Sacred Union: Pathway to Paradise*. She is – and I love this – an ascension activator and a teacher whose unique consciousness technology helps people just like you and me to activate and embody their human divinity.

For 18 years, however, Suzanna served a business consultant in the Detroit area – and I totally understand that – and she specialized in the design of corporate training programs and large-scale change initiatives and she actually has delivered these programs to over 50,000 people in over 14 languages in a 104 countries throughout the world.

Now, like many of you here and like myself included, one day something shifted everything. In 1997 she experienced a spontaneous quantum consciousness awakening, which gifted her with these multidimensional abilities that she did not have before and one of her new abilities is to tap into universal intelligence in a way that bypasses the filters of the mind and comes directly in from her higher consciousness.

From this body of quantum science she developed a new technology, an ascension technology that we're all going to begin

to get a taste of, including the emotional, mental detox and consciousness 2.0 upgrade and love-up.

People that work with Suzanna experience more freedom, more love, more joy, freedom from past experiences and expansions into peace, harmony and abundance that people have said...one person wrote in – Jody Howard said, “The upgrades help me to feel more content with every aspect of my life emotionally and mentally and spiritually. I no longer feel stressed out about the future and I’ve stopped dwelling on all of the negativity of the past experiences that I’ve had. I now live each day peacefully knowing that I will always be safe, loved, protected and rich with abundance.”

Now, that is an amazing thing that so many of us are seeking and another lady, Anna, said, “During the session I was enveloped with this loving energy. A consciousness that was me opened to me and revealed the fact that I’m not just this person that I know myself to be, that I can be more. It flowed and evolved to the point where I feel love...I feel joy and peace and love.”

Well, everyone get ready because Suzanna is here and I can feel her energy start to flow at a very high level. Everyone send her a ton of love and enjoyment and love and excitement from everyone here at the *You Wealth Revolution*. Suzanna, welcome to the *You Wealth Revolution Awakening 2012*.

Suzanna: Aloha, Darius. Aloha, Darius and everybody. Thank you. Thank you for being here. I am just so excited and I just am so excited to start activating the ascension process for everybody here. What if we can all be ascended masters and it starts right here right now.

Darius: I love that and I love the way you put it. You're starting to begin activating the ascension and the way that comes into my energetic field is that we all have the software for this is the way that it starts feeling to me when you say we're just activating it. It's like

turning on something that is our divine gift that is just lying dormant waiting to be activated. Is that true?

Suzanna: Oh, that is absolutely correct. It is in your DNA and when the genetic sciences started looking at the DNA, they've mapped only about 3% of it to the physical body and there is 97% that seems to be dormant. Well, that is the new version of us, the new divine human and we just need to activate it and allow it to unfold within us.

Darius: Wow, the new divine human. I love that and when you talk about the word ascension...we've heard it a lot. We're hearing it more and more as we fly through 2012. What does that term mean? What does it mean to us and what does it mean for our life? Is it a better life? Is it a more chaotic life? Why should we care?

Suzanna: Well, ascension just means continually rising and evolving, but in that process of gradual evolution, there are times when we have an opportunity to take a quantum leap and go actually from one reality to another one and the opportunity that is here now is to move into – what I like to call – a paradise reality.

Each reality has its own, let's say, frequency bandwidth – the energy vibrates in a certain frequency bandwidth – and in this paradise reality is vibrating so high that things like illness and poverty and war and suffering and struggle doesn't exist because those are lower frequencies. They can't exist in this reality and so the opportunity, why we want to ascend with the planet because the planet herself is ascending and we want to stay with her and we want to be able to experience this reality that's based on love and unity and cooperation and co-creation and abundance for all.

So that's the motivation for me is I want to move, I want to rise with Mother Earth and be living in this new reality that we're all co-creating together.

Darius: I have to just love that, breathe it in because a reality where we're free from all those things and all of this back and forth duality of left and right and up and down and right and wrong and this person's trying to do this and this other one is trying to do this and this is happening, it's so exhausting for just our whole energetic system. It sounds like just an amazing thing that we must grasp hold of.

Now, you were a business consultant and I started out as a business consultant as well, ironically, and you had, in 1997, a quantum consciousness awakening. Tell me about that story. What was it that happened and how did it launch you down this path?

Suzanna: Well, at that point in my life I was doing really well in my career, although, it was kind of a high stress situation. I was also married. I was married for 22 years. My children were in their late teens and I have to say that I was feeling kind of like, *hm, I wonder if this is really what I'm here to do* because I wasn't feeling the passion.

I wasn't feeling an intimate connection with my husband. It was like I had achieved everything that the American Dream promises, but I didn't feel good and I was stressed out and it wasn't fulfilling, but that's how I was feeling at the time.

Well, anyway, one morning I woke up and had this energy running up my spine in waves and it was really intense and very alarming because I didn't know anything about it or what it was and I put out a cry. It was like, "Argh, what's happening," and I actually heard an answer and the answer was, "You are giving birth to yourself. Just breathe," and so I did the Lamaze breath, Darius because I didn't know what else to do.

Darius: You knew that at the time, yeah!

Suzanna: I had two kids. That was the only breath I knew.

So I did that and it took about an hour-and-a-half for this energy to move through me and when it was done I felt like a completely different person and I had this other perception. I was looking at myself and knowing that who I thought I was wasn't who I was and that who I really am, I wasn't really sure, but I knew it wasn't that and I know – I know – that I am here for a purpose and I have to figure out what that is and get doing it.

I could see this false identity of who I thought I was and it kind of looked to me like this bright light in the middle of an onion, with layers and layers of programming and beliefs and attitudes and pain and sorrow, just layers, layers of it that it was holding me in and not letting my light shine, not shining into my life. I hadn't embodied it.

So now I had birthed something into myself and then I saw that false self and then I knew that I had to do something to emotionally and mentally detoxify myself and then expand or upgrade my consciousness so that my wiring could really express who I really am.

Our bodies are like bio-computers and our brain is an organic computer and the mind is the software and the DNS is the database and your cell membranes are like holographic projectors. That's what projects your reality out and we have this self-identity program that we call the ego and that was created by the time we were seven and it just keeps going and repeating and repeating, but what I found and what I knew and what I had to find out how to do was how to upgrade that whole system and what I found is that's actually as easy as upgrading your computer software.

Darius: Now, I want to let everyone know the most exciting thing about what we're going to do in this call is not only understand this – understand how it's like a science – but we're actually going to be doing some samples and processes on this call as well. So this is

all going to be happening, but I want everyone to just really connect to what Suzanna is saying.

Now, the next question, Suzanna, that I have – when you were in this place just before the 1997 awakening and breakthrough, there were certain things in your life that you were experiencing or maybe not experiencing that you wanted to experience and they're almost like...it sounds like breadcrumbs leading you to this idea, this trail of, *okay, there's something more*, right?

Suzanna: Mm-hmm.

Darius: What were some of the things that you were feeling? What were some of the things that were hinting you along the way that something more was out there in your life because I would love the audience to be able to sort of check these against maybe some of the things they might be feeling?

Suzanna: Well, I think for me it was that I had done everything... for me, I thought I had done everything right. I followed all the rules and I got married, I went to school, I got my degree, I got my career, I work hard. I do all of that and still I'm not feeling happy and fulfilled and I'm not feeling connection, the connection to other people. There wasn't the intimacy and kind of the pain of not...

It's like when you feel that way and then you look at your life and you say, "Oh, I've got all this great stuff in my life, but it still isn't fulfilling. What's wrong with me that I'm not fulfilled," and then you begin to see, well, maybe this isn't the real me. I want to be who I am and do what I came here to do. That's what I knew. That's how I could articulate it after the event, but I couldn't put my hands on it before that. I couldn't articulate it.

It wasn't really clear, but no passion, no intimacy and I'm not just talking about in my marriage, but just in life and in connecting deeply with people and feeling the essence of them and then of course after that experience and I'm looking at myself with all

these layers around me, it's like, "Well, no wonder you can't connect to anybody. You've got layers between who you are and what they're rubbing up against and then they've got all their layers, too." So it's no wonder we don't connect more than we do.

Darius: Yeah and I know a lot of people on this call have felt that or are feeling that and are starting to really get glimpses. As we're on these sessions, they start feeling...like Cathy wrote in. She said, "I've been working on myself forever. How do I finally know when I'm getting close? Is it even possible for me?"

Another person says, "Why can't I be with my soulmate instead of settling for those who others think I should be with?" Tracy wrote in. She said, "Oh my gosh, this is exactly what's going on with me right now. Everything Suzanna's saying is resonating with me. Keep talking. I am listening," and that's why we're all here. We're seekers. This is exactly right. Another person wrote in. I totally get it. She says, "Intimacy is equal to 'into me see'." That is beautiful. "It won't feel right if I'm not in a place honoring myself and congruent."

You talk, Suzanna, about this ascension being almost as a science or a technology or a very repeatable process almost. Tell me about it. I mean what is ascension science because I think a lot of people will be hearing more and more about this and you're one of the first to really talk about it.

Suzanna: Well, it's a science because it is a known body of knowledge. It's of how consciousness evolved in a systematic way through a multidimensional system. So we are used to being 3-D people, but the earth is changing into to be able to host a multidimensional reality and we have that ability within us, so how do we get to that?

So the ascension science is just like the whole body of knowledge about how consciousness evolves. Ascension technology is how to

apply that knowledge to a particular population and as an ascension technologist I really get the 'as above so below' kind of thing. In my corporate job when I was a performance technologist – that was what my Master's degree was in – and so employers would say, "Well, our employees are not performing at the rate that we would like them to perform at."

So I'd have to analyze the situation and find out, well, what was the performance they want? What is the performance they're getting now? Do they need training? Do they need to change the process? Is there something wrong with the process itself? So there's all this analysis and then you come up to a solution.

An ascension technologist at a universal level – I'm talking universal level ascension technologist – will follow the evolution of a planet and they will step in when there is either a problem or an opportunity for a quantum leap and so every time you look at a planet and its people, you have to do the analysis and find out where are they, where could they be, where do they need to be and what would the solution be to get them there.

So the universal ascension technologist...we know them as the Order of Mount Kieserdeck and this is the consciousness that seeded all of the ancient mystery schools around the planet where they taught the ascension teachings. So that's the origin on our planet. So there were these mystery schools in places like Egypt, Atlantis, Glastonbury, Tibet, the Himalayas.

There was one in North America and probably the most famous ascension technologist that we probably have all heard about is Jesus and in those years between when he doesn't show up in the Bible, between when he was 13 and when he was 30, he was actually traveling to all of these different mystery schools and going through this ascension science. Learning it, doing it for himself and learning about it, so that was what he was all about and he wanted us all to ascend.

The mystery schools usually were pretty exclusive and not everybody could get into them and you usually had to be of a certain bloodline, either a royal bloodline or a priestess bloodline and you would go in and you would have to dedicate your whole life to it. You'd go into the ashram or the temple or whatever it was and you stayed there for the rest of your life and some of those initiations were life-threatening. I mean if you didn't pass them you would die in them and the initiations themselves, the purpose of them, was to overcome fear of to get through your own emotional and mental blocks and fears.

So the good news is that we don't have to do it that way anymore. It's a new time. There's new opportunity and what I found is that there's a very easy way to go through this process and lift those layers of separation because that the other thing that's so new and different about this time and who we are at this time is we're also going from a whole new reality. Feeding 2,000 years ago they were still going to be in that dualistic reality for another 2,000 years, but we're not now. We're going from separation consciousness and duality and a fear-based reality to a unity-based reality.

So we are ready to have this in us. We were seeded with the DNA 2,000 years ago and so that's why it's in us and it's spread all over the world and that's why all we have to do now is activate it and then start releases these veils, these layers of the illusion of separation.

Darius: Wow. Wow. It's incredible this time in history what's possible for all of us and what I want to do really quick – in a few moments maybe – is maybe one of the processes that we could get started; just sort of tasting the shift into the things that you were talking about on a verbal and knowing level and, actually, let's move some of it into an experiential level.

Really quick, Suzanna, for somebody that actually begins to turn on this technology in their life – and I remember reading some of the testimonials and stories from your students – what is it that they might experience in this other state of being? What would their life possibly be like? Why is it something to move towards, that people should want?

Suzanna: Well, when we clear these illusions of separation and these beliefs and attitudes and the emotion that goes with them, it clears the triggers and the buttons, the ones that people push and then you automatically go into your automatic behavior, which always exacerbates the problem?

So all of those triggers can be cleared out and so you could have somebody say the same thing to you today, after the session, that they said yesterday and you would just be in total equanimity. It wouldn't push your buttons and you would just look at them and smile and then you have access.

Now you have access to a whole other response level that you didn't have before because you've raised your frequency into the grace zone, the compassion zone and so where they would push your buttons and you would respond automatically the way that you always have from the past and that button probably got placed there before you were seven, now instead you aren't triggered into a response at all.

So you're present. You're present in the moment and you can respond consciously. You can choose how you want to respond and your consciousness offers you a graceful compassionate response that just wasn't even there before and so this improves all of your relationships. It takes a lot of the stress out of your life. We'll clear fear.

So it takes the fear, the anxiety, the worry, all of those things. It constricts the flow of love. It constricts the flow of creativity and

being able to have a more creative conscious response. So it step-by-step opens you up and frees you from the stress and the struggle and the pain. We can energetically transmute the emotional pain. We can heal the pain body.

Darius: Fantastic. It sounds absolutely like what I would expect and what so many people spend their lifetime really seeking is that. Can we maybe go through maybe one of the exercises that you've planned for us today?

Suzanna: Yes, I would love to. I'd love to get right on that. So what I'd like to do first is to really get them aligned. So taking some full deep breaths and just imagine that you are sending a beam of light out through the top of your head and it's going to connect with what I'm going to call the cosmic heart.

The cosmic heart of all that is and from your heart send out down through the earth a beam of light and connect with the heart of Mother Earth and then just open...just imagine that there's a column of light moving all the way through your body connecting and so that beam of light now from the cosmic heart passes all the way through your body into the earth and the energy from Mother Earth goes all the way up your body, through your body, into the cosmic heart and this beam of light into the cosmic heart also passes through the center of the galaxy, the great central sun and the sun in our solar system.

We're in universal galactic alignment and then I'd like you to imagine a sphere, so a ball of energy around you. I'd like to make it about...I'm going to use 88 inches in all directions around you and you can just set the intent for 88 inches. It's a little over seven feet.

Darius: Okay.

Suzanna: This sphere is spinning at the speed, at the frequency of compassion and it creates a field of compassion around you and

so anything that vibrates at a frequency less than compassion cannot get into this space and anything that comes up from within you that vibrates at a frequency less than compassion is automatically going to raise up because that compassion energy will cause it to vibrate faster until it becomes compassion.

I'm going to do an activation for you and just notice what comes up because you might have thoughts or feelings, which you might even label negative, come up within this as I talk and just observe those because that is a clue as to what is getting between you and your own divinity and then at the end we'll clear those.

Okay. So here we go. In the beginning there was you. You are light. You are a radiant being of golden light shining brightly. You are brighter than any star, bright – a radiant child of God. You are light and to light you shall return. Be confident in your radiance, dear one. Be alive in the light. Be the light. Shine. It is what you are. It is all you have to do. The time of doing is over.

Your radiance has been seen by all other beings of light and they are attracted to you. They honor you – you divine radiant being whence you came from light. You came to experience yourself as the creator God. You came to play with form. You closed yourself in a body of matter. It was dense and heavy, but you adjusted to that in time, but once anchored in the density you began to forget from whence you came. You forgot to remember your radiance. You entered the three-dimensional earth hologram and agreed to play the game.

Radiant One, it is time to remember who you really are. It is time to shine on the world once more. It is time to let your profound love flow thought you to teach and heal. It is time, dear one, it is time. Whole nations grew up around the notion of one god, one supreme being. Nations not only on this planet and this dimension, but many other as well. So what is God then?

God is all. God is pure energy. God is all the totality, the light and the dark together, the good and the bad together. There is no light or dark. There is no good or bad. There is only God and you are God expressing through a human body now. Your personality is like a role you play in a movie. It is not who you are. It is not fixed. Does every actor in a movie become that role for the rest of his life? No.

You are not your personality, you are not your thoughts, you're not your beliefs, you are not your feelings, you are not your behaviors. You are God expressing the creative life force through a human body, choosing to focus your attention through the physical eyes and perspective of that one physical body, but all other physical bodies are God, too. They are you, too. In the denseness of form you forget that.

So your purpose now, in this time, on this planet, is to remember who you really are. It's to bring your radiance into this body. It's to transmute this dense physical body into a body of light. It is to anchor spirit into matter and express paradise on earth. Each body will express spirit and create paradise in a unique way.

Oh, the magnificence of this divine plan. How many ways can we express paradise on earth? A different paradise for everybody, can you imagine that? Now, just being with that, that is an activation of the god-self within you and anything that vibrates at a frequency less than compassion that came up from within you, things that may not be compassionate toward yourself, let them be transformed.

We're going to get that sphere of compassion moving. It's moving at the speed of compassion and it creates an alchemical creator, a container to transmute whatever's in there until it's all compassion and you are there and your god-self is aligned with you now. How are you doing with that?

Darius: Well, it's really incredible because it was like all I had to do was listen and just let the words and that inner knowing just come forward and then when you said anything that doesn't align with that new consciousness it just doesn't come back in or doesn't...I can't remember. I was sort of zoned out and I've been trying to pull back certain feelings and certain things just to play and I'm not at that level at all. It's really something pretty wild. I'm just trying to process it.

I'm even trying to test myself. I said, "Oh, let me go look at..." I actually just did this on my...I even said, "I'm going to go look at this one thing that would agitate me if I normally looked at it on my computer," and it's just sort of like...it's just not at my frequency. I don't know. I want to hear what other people experience. If you're on the blog go to [www.youwealthrevolution.com/now](http://www.youwealthrevolution.com/now) and just share with us what you felt, what happened.

Suzanna, is that sort of what people begin to experience? Like that lower vibration that used to maybe do something just isn't really...even at that level...? It's almost like I'm at this giant hilltop looking down at this stream and the million miles below me that's just that lower energy. It's just *nah, there is goes*.

Suzanna: Yeah. This particular activation came to me...it was really kind of a funny story. I was living in Sedona at the time. I had moved from Michigan to Sedona and, of course, I was surrounded by people who were intuitive and they always were sharing what they were getting and they kept saying something about this book – *you're going to write this book and it's going to be really big* – and I was like, "Really?" I said, "Well, what's it about?"

They couldn't tell me. So I thought, "Well, if they see it, it must be already written somewhere in some dimension and I'm just going to go tap into it." So I sat down at my computer and I got real quiet and set an intention and then I just let it flow and this is what

came out is this – I call it – *Radiant One Activation* and I was in tears. My whole body was shaking.

Here I thought I was going to write a book and I couldn't write another thing for a whole year and I had to become the Radiant One that I spoke of. So I was guided on this incredible journey all over the world to all of these sacred spots and received activations and initiations and all kinds of things in that year.

One of them – I guess the main one – is when I was in France. I was in a cathedral in Chartres and I received the download of energy and it was so strong there and it was at the point where I had actually lived in Sedona for two years and I had already been guided to not move to Kauai, which is where I am now and in the middle of this, I took this trip to all these sacred sites in Europe.

So when I got to Kauai after this download, I was looking for guidance and I just heard 'consider yourself pregnant. A gift for the world is going to be born through you,' and it was kind of like nine months to the day that I received this download that I started to receive what is a series of guided visualizations that had somehow reformatted all of the ascension teachings and initiations into this guided meditation format.

Then I started actually sharing that with people and doing that for people and I did that for a few years. So I didn't even get back to writing the book until like four years later and that was after I had done it for people and saw what went on with them and how they integrated it, all of that.

Darius: I am loving this feeling and I am loving what people are writing in because here we've one person who wrote in – Debra – who's been working on a certain issue for over a year and was not able to release the charge and in literally whatever moment it took us to do that – maybe five, six, seven minutes...

Says Debra from Laguna Hills, “Darius, I tested this by looking at a picture of an old lover who I felt abandoned me and all I could do after that was feel goodwill. I have worked on this for over a year to forgive him and let go of the heartache I experienced from his actions,” and she felt just goodwill today after that exercise.

Another person, Cathy from Twin Cities, says, “I was brought to tears from the profound activation that took place.” Another person wrote in and said, “This is the most incredible thing that I’ve ever heard,” and we’ve definitely done a lot of incredible things so that’s a lot here, being a *You Wealth Revolution* audience. She says, “Thank you so much. I’m excited to hear that the time for doing is over and just being.”

Another person wrote in – Margot – and said, “This is so awesome. It resonates so much with me. It was like I’d heard it before some other place and it was just my knowing that this was truth for me.” Very exciting and I know that so many people are resonating with this.

When we think about ascension and all of this, who does this help and how does this help people? How does this manifest in our life as more joy, freedom, expression, less worries about money, less worries about can we do this, can we not? What really happens in our life when we begin to really grab hold of this technology and turn it on?

Suzanna: Yeah. Well, what happens is that you let go of all that is not you and the real true you shines through and then you begin to do what you came here to do. So all of this stress and strain is...I mean most of it comes from that we’re not being true to ourselves. We’re following the rules, what we were programmed with in our first seven years and it’s not our fault and I don’t even want to blame our parents.

I'm not saying this programmed us purposely. It's just the way that the mind works. In the first seven years you're in a brainwave state that is just absorbing everything. It's almost like a hypnotic state and you absorb everything and there's so much information that what the mind does is it looks for patterns. It looks for patterns and then when it sees a pattern, it makes up a meaning for that pattern and then that becomes part of your self-identity program or what we call the ego.

We're doing this in the first seven years of our life and by the time we get to be around seven, another brainwave state comes in that is what we think of as our normal thinking state, but it operates in another frequency bandwidth, like on another channel and the two are not connected to each other. So everything that we took in in the first seven years goes into what we call the subconscious.

So the technology helps to bridge all of the different multidimensional aspects of us and bring everything into alignment and release everything that isn't who we truly are and the joy – and I'm sure you know this because you're right on, Darius – is the joy of doing what you came here to do, how that feels so fulfilling when you give your gift and it is received and there is gratitude. Then it's like, *yeah, that's what I did it for. That's why I'm here.*

Darius: Wow.

Suzanna: Then you're really living your life of passion and it's so great because the way we set it up is whatever it is that gives you joy is your soul purpose.

Darius: Yes.

Suzanna: So the whole thing about...what I heard growing up is if it's worth having, it's worth working hard for. It was all this 'no pain, no gain' thing and so we've got layers of lies to release so that the true essence of us can pull through and it does affect every area of

your life. Like the testimonials you read, people go into a place of deep inner peace where whatever's going on all around them they know that they are going to be okay, that they are going to move through it with grace.

Also, grace is another big part of this, you kind of jump onto a whole new timeline of grace. Everything becomes more graceful, more easy, more compassionate.

Darius: I love that. I love it and I want to get to the next practice that we can go through. Ken wrote in and said, "Peace, peace, peace. This surpasses all of my understanding. Thank you so very much." So many people started really feeling this.

Really quick, before we do the other exercise...we talk about and you said specifically about the Christ learning this and we heard stories growing up about Christ ascending after death and all of this and so we've been almost conditioned to think that we have to go through a death process and it's actually dying in order to ascend and somehow that may keep us in this lifetime from really ascending while living. First, do we have to die in order to ascend and how do we overcome that release?

Suzanna: Well, we're in a unique time right now. What you're doing is you're ascending into another dimensional consciousness. It's just your own consciousness, but it operates in a different dimension and in the past because the earth was kind of not ascending very quickly and the difference between where your consciousness needed to be and the physical body and the physical earth, you would have to kind of drop your body in order to ascend into that state.

We have a choice now. We don't have to do that and some people may choose to go into the next lifetime and drop this body for whatever reason. They want another body, that's all. It's like you just buy a new set of clothes. It's not a big deal and it doesn't say

anything about your evolution. It's just a choice, but in this time, what's really different about this is because the earth is ascending as well and we move with her we're not going to have to drop our physical body in order to be in that new reality.

What we do need to do is let go of the false self and that, to some, could be interpreted as a death. I like to talk about it as an upgrade, an upgrade of your self-identity program and I like to really reassure the ego that we're not trying to kill it and it doesn't have to die. We want to improve, upgrade and make its job even easier.

Darius: Oh, I love that.

Suzanna: Our self-identity is kind of like a little program. Once it was created, it has its own software that's like a virus protection and it considers anything that changes your self-identity as a virus. So we need to get the software to open up and recognize and upgrade as an upgrade and not as a virus.

Darius: I've got to ask this question, Suzanna, because we have so many different teachers on this series and everybody's tapping into a different aspect of divine consciousness as filtered through their own reality and maybe their own higher intuition and their own knowingness and their own protocol for expanding all of our awareness.

So it all has a purpose, but how is this different from what some people may call clearing or releasing or some other type of thing where you hear speakers or teachers and people in the consciousness business saying, "Well, we're going to clear away the block or clear away the fear or we're going to do a process like that, almost like to remove something." How is that different than upgrading to consciousness 2.0?

Suzanna: Well, I think it's in what I was saying just a moment ago is because the self-identity program, the ego, is designed to protect itself and

so when we approach it in its own language as an upgrade it opens to that. Whatever I'm doing, we're always transmuting it, upgrading it, raising the frequency so that...you can actually call things by name because they have their own frequency, like anger and then surround it with high frequency compassion and that high frequency compassion will cause it to vibrate faster until it isn't anger anymore; it's compassion. So it's a transmuting.

Darius: Got it. I've got it. Yes, it's not a removal. It's a transmuting and certainly when you upgrade software on a computer, you don't necessarily go in and remove all the old stuff. You actually upgrade all of it and the old stuff becomes something totally different. It's just totally gone and you don't have to worry about, *oh, let me remove this one thing on fear. Let me remove this...* and it's just this constant dog chasing its tail that never ends. It's just a complete upgrade of the system.

I get that and I feel that. I feel that really strongly resonating as a truth. After what we did on the first one and what I'm feeling and what we're hearing, I am very excited about doing the second process, if we could. Do we have time for that?

Suzanna: I have time if you have time.

Darius: I have time. I'm going to make time because I don't want to miss it. I want it. I want to feel it and I want to experience it and I want everyone here to share what you're exercising and just really breathe in. Breathe in this exercise and what we're going to be doing as we begin to upgrade our own energetic software and ascension reality. Suzanna, take it away.

Suzanna: Okay. Well, this one is called...I called it many names and lately I've been calling it the Energy Field Detox and I'm going to use a frequency that's called the Triple Flame Frequency, which is a synergistic blend of divine love, divine wisdom and divine intents.

That's another thing that I use a lot in my work is this combination of frequency and intentional commands.

So what we'll go through is purify the energy field and the meridian pathways, which are where the energy runs through your body to your different organs and glands and different parts of your body and when that is clear then later in what I'm offering...when we go and we start to detox at a deeper level in that subconscious and bring things up from the deep subconscious, as it comes up, it'll move through these meridian pathways which we have cleaned previously and then it will move through a lot more quickly and easily.

It won't get stuck in resistance and a lot of times I think what happens is when people are transmitting high frequency energy into your field and it hits the density parts of us, the stuff that we've been holding onto, it can release...it will release it, but sometimes it releases it into our life as a drama and I like to avoid that, so we're going to clear the meridian pathways.

Alright, so just again becoming aware of that beam of light that goes from the cosmic heart all the way through you into Mother Earth and how she has sent up her ray, up through you into the cosmic heart and just become aware again of the sphere of compassion that we created around ourselves, 88 inches in all directions, spinning at the speed of compassion. So just becoming aware – we did that already.

With your attention in your heart center, let's align with the all that is. So you can repeat this after me. I am all that is. I am all that is. I am all that is. I am divine light. I am divine love. I am divine wisdom. I am divine power. I am divine grace. I am divine joy. I am divine peace. I am the being on synthesis and fusion. I am that. I am.

So, good, just allowing yourself to feel that alignment with the 'I am that I am' and when you are in this alignment anything that you command must be obeyed, within your own reality, within your own life. So I'm going to give you some intentional commands to give to yourself so that we can purify the energy field, so taking your attention to the base of your spine. The first chakra it's called, the first energy center.

Taking your attention there and then give the command 'activate, activate, activate the triple flame' and you might in your imagination see a pink flame of divine love, a yellow flame of divine wisdom and a blue flame of divine power and so it just is activated in that chakra and now we'll give the command 'purify, purify, purify the first chakra' and those little flames start swirling around in that first chakra because your chakra spins and it's going to go through and it's going to purify everything in the first chakra and any of the organs or glands or body parts that the first chakra influences and we're going to just let that keep going until completion. So we're in this state of 'I am that I am' and our intentions are very powerful.

So placing your attention in your second chakra, halfway between the base of your spine and your navel and again give the command 'activate, activate, activate the triple flame' and 'purify, purify, purify the second chakra'. Good and that's going to keep going until completion and we're going to move up into the solar plexus. 'Activate, activate, activate the triple flame' and 'purify, purify, purify the solar plexus chakra' and they're all going to go and continue until completion. They're all spinning, purifying.

Moving up into the heart, 'Activate, activate, activate the triple flame' and 'purify, purify, purify the heart chakra' and moving up into the throat. 'Activate, activate, activate the triple flame'. 'Purify, purify, purify the throat chakra' and that's going to continue until completion and up into the third eye. 'Activate,

activate, activate the triple flame' and 'purify, purify, purify the third eye chakra' and up into the crown of your head. 'Activate, activate, activate the triple flame' and 'purify, purify, purify the crown chakra'.

Then imagining another...we're going to activate another flame above your head and we're going to direct it with your intention, with your imagination. Bring it down all the way through the head and you might feel sensations. Some people say they feel like warm honey, some tingly. Whatever it is for you, it's alright.

Down through your head and it's going to go through all of the meridian pathways, the energy pathways that are in between the chakras and then we're going to focus on the base of the throat and we're going to bring that triple flame – the one that we just activated at the top – over to the right side, to your right shoulder and give the command 'clear the pathways'.

That triple flame, it just burns through any blockages, any residue, any kind of plaque, any build-up that's in those pathways, the energy pathways. They kind of look and run along the same way as the blood vessels. So we know that we can get build-up inside our blood vessels. It's kind of the same thing: energetic residue and this triple flame just burns it – transmutes it actually is what it's doing – and then with your attention at the top of your right shoulder we're going to send that triple flame down your right arm, all the way to the top of your middle finger. 'Clear the pathway'.

From the right shoulder down the right side of the body, all the way down the right side, the right leg, all the way down to your right foot and command 'clear the pathways' and coming up the left side, the left foot and moving up the left leg, past the left hip, getting the left side of the body, all the way up to the left shoulder and command 'clear the pathways' and just feel that triple flame dissolving, transmuting anything in those energy fields and

energy meridian pathways, just clearing it out and from the left shoulder down the left arm to the tip of your fingers, 'Clear the pathway'.

So with your attention at the top of your head again we want to circulate this energy through these now purified meridian pathways. We want to run the triple flame energy through them and circulate. So with your intention, your imagination, from the top of your head down the right side of your body and up the left side of your body and down the right and up the left and you might want to align your breath with this. So you might exhale down the right side of your body and inhale up the left and down the right and inhale up the left.

So we're just circulating this triple flame energy through your now open and clear meridian pathways and we're going to let it keep going around like that. It knows the path. It can continue on its own and we're going to circulate it in another way. So imagine now...just direct it with your intention down the back of your body and up the front and again you can do that with the breath.

So exhaling down the back of the body and inhaling up the front and down the back and just circulate it this way also and we're going to set the intent that this purification is going to continue until completion and so we're going to let it go and once it's done its job and it's purified your energy field we want to anchor this new frequency, this purified frequency, into your field.

So we can give ourselves the command and you can repeat this after me – anchor, lock and seal and recalibrate, align, balance and harmonize for graceful integration and I'll do that one more time. Recalibrate, align, balance and harmonize for graceful integration.

Now bring your awareness fully present in the now moment in your body. Feel your connection to the physical plane and imagine that your body is like an acupuncture needle in the earth for this

triple flame energy, this divine love, divine wisdom, divine power which is...pure intent is divine power. It's pure intent. Good. Okay. So how are you doing with that, Darius?

Darius: Well, that was amazing. I mean I started...whereas the other one, I started feeling just sort of like a whole other energy, here, I felt a lot of tingling and it was almost like as you started doing the chakra part of it, I started feeling the tingling all the way up all my chakras and so I'm definitely feeling something here. Paula wrote in...go ahead.

Suzanna: Oh, well, I'd love to hear what Paula has to say, but I also wanted to say on my page, the special offer page, I have a video and we hooked somebody up to a biofeedback machine while they were doing this activation and we recorded how the energy field changed during...and it's aura. You can see the aura change. So she went from being kind of orange-ish and yellow and murky to all white, which is the highest frequency.

Darius: Wow.

Suzanna: That energy field detox...usually when I do it and it's full-length it's about forty minutes, but the video...I just captured some of the moments, the ones where the energy field really shifted up again and you can even see in there when we create that sphere of compassion and nothing that vibrates lower than compassion can get in and all the colors that were vibrating lower than compassion left right in that instance when we said that and it stayed in the blues and purples and then went into white after that. All the colors that vibrate at a lower frequency went away.

So it's very amazing and I know a lot of people feel the energy and some people don't. So I wanted to offer this visual so that they could actually see what's happening. Even if they don't feel it, they can see that this happens and it's about aligning with your 'I am'

and getting in the right frequency and giving these intentional commands.

Darius: Yes. Well, I want to talk about that as well because one of the things we mentioned was sort of this detox and then download and upgrade of our true divine consciousness and this total way that we are connected to what here to be, do and have and experience.

A lot of people have been writing in and this is just a sample. Matt said, "My body was shaking at first like nerves. Then I got very calm." Cathy from Twin Cities said, "This was incredible. I heard and felt connection with and held hands with all humanity. Intense heat, hot enough to hurt, but it didn't."

Suzanna: That's the triple flame!

Darius: That's the triple flame, yeah, incredible. Tracy said, "Wow! As we just did the energy clearing through the meridians, I tapped on my meridians as we went along and I now feel so peaceful, joyful. I can't stop smiling inside and out. I have extreme tingling," just like I said, "Throughout my whole body. Thank you, Suzanna and Darius. Much love to you both." So people are really feeling this.

I want to talk about your deeper work and what you do to take people through the whole process of this, which is not just these little pieces we did, but really, a whole process of this basic upgrade to consciousness 2.0 and one of the things, Suzanna, I think we started talking about, but we really didn't was the detox.

I want to walk through some of what the detox is that you have for us. I'm going to tell people where it is and where they video is, too, because the video is astounding. It's at

[www.youwealthrevolution.com/detox](http://www.youwealthrevolution.com/detox) and we changed that around because you really are the only person, Suzanna, that we've ever had on here that talk about the energetic detox the way that you do. So we changed the page to

[www.youwealthrevolution.com/detox](http://www.youwealthrevolution.com/detox). Suzanne, tell us about what's on that page and what's in the program that you put together and created for us.

Suzanna: Okay. Well, it's the first steps and remember I said that there's many, many layers of the onion and I like to take a systemic graceful approach. So the first part of that would be to work with the inner male and the inner female and to actually detox all of the painful memories that we have, so the first one is the male aspect to detox.

So all of our memories and in going back to whatever we experienced with our father and even more than that because it helps...most of us were brought up with your concept of God being male and so whatever that concept is and whatever our relationship to that is, it's very unique for each person. We need to clear away anything that's getting in between. So it starts there.

It goes to your father and then all of the men in your life and then also your own male aspect, which would be the part of us that thinks and analyzes and does most of the action, most of the physical work and it's related to left brain functioning and since we grew up in a patriarchal world also there's a lot and that's why I do that one first because we want to let go of all of the mind control that we have been subjected to and that we have subjected ourself to.

Darius: Quick question. That male detox, that's not just for the men on this call to do. It's the male essence of what we've downloaded of, I guess, the fallacies and the untruths and the reoccurring blockage patterns and toxic energy from...it's just a way of describing the energy release that's sort of the male component, correct?

Suzanna: Right, because we all have like a male and female aspect within us no matter what body we are in and it also, like I said, it relates to right and left brain functioning, which we want to get to whole

brain functioning. Right now we've been socialized to value the mind over the heart or to value information that comes in through the senses more than information that comes in through other ways.

So, yeah, we've been brought up in a patriarchal society so we all need to go through both of these detoxes and we do the male first because that's the part that has been in control for so long of our consciousness and a patriarchal society and then we do the feminine and so once the control of the masculine has let loose and let go then the feminine part of us, which is the part that is more receptive...if people have problems receiving it's the feminine part that isn't open to receiving.

So she needs to open up and within us and even within the male. The feminine part of us has been suppressed because we doubt our intuition. We're taught to doubt our intention. We're taught not to pay attention to information that's in the field all around us all the time. That we can pick up on if we're sensitive enough and open enough, but we haven't been socialized to pay attention to that or for people who are really sensitive and they get that information anyway we're programmed to discount it or doubt it.

So we all need to do both of these and the other thing that some people ask is, "I have a pretty good relationship with my father, but I don't have a good one with my mother. Can I just do one or the other?" The thing is this is going to go into your subconscious and what you are aware of as your issues are what you are aware of and that's all that you have been able to work with so far is what you are already aware of. This goes into the stuff that you're not aware of yet, that you don't know about, that can also influence your reality because that's part of what gets projected out into your reality.

So we all want to do both of these and then that helps to heal the inner relationship between your inner male and inner female and

when that is healed and balanced inside of you then that reflects out into all other areas of your life and it helps to improve all of your relationships. So that's why we do that first.

In the package, I also include this energy Field Detox that we just did in its full form and other one that's called Integration Meditation. I usually have people do that after we do a deeper...like the male detox session. I usually do them a week apart because you need time in between to integrate.

So in that week in between, this Integration Meditation, and what that does is it just calls in higher frequencies of light like love and joy and bliss and it just calls it into your field and anchors it and as you're releasing this makes integrating energy work much more graceful because as you're releasing, you're opening up empty space where that stuff used to be and you want to fill it with the higher frequencies of light and so this just calls them in one ray at a time – joy, love, peace.

People love it and they call it Light Training because after you've done it a few times you can just automatically say 'bliss' and be in the frequency of bliss and you really can be a light master. So we really love that one and then also in the package is the eBook, *Emotional Mental Detox*, and that talks about the whole program. We're going to do the first two sessions of the *Emotional Mental Detox* program in a live teleclass format.

Darius: For everybody. Wow!

Suzanna: Yeah, for everybody, but the eBook talks about all the other...there's four other sessions after that. So join us, get a taste, see if you want to go further with that. So the ME Detox book and then I have another session that's called Discover Your Relationship Blueprint.

Darius: Okay.

Suzanna: I want to tell people that get the package don't do this one yet until after we do the male and female detox because what it does is it puts you in the place to ask your subconscious what you created in those first seven years in terms of relationship stuff and if you do that before you detox...just going in there and asking those questions without detoxing it first would cause those patterns to dramatize in your life. So we don't want to do that.

So let's detox first, but then after you've detoxed and you've alchemized those emotions and you've erased those triggers, then going back to look at your programming is just like really easy. You ask these questions and you find out what your programming is and it's like you're totally detached to it and the value of that is that once you know what your programming is then you can make conscious choices and you're not going to do that anymore.

You're not going to go down that route and the other value is that when you know what your own programming is, it's really easy to then identify when other people are acting out of their programming, which is almost all the time and it gives you more compassion and it also helps you to not take things so personally.

It's like they're just acting out their program and you just happen to be there and it isn't about you. It's about their program and so you don't take things personally and you don't get hurt so much and you just kind of stand back and you let people do their program with compassion and you don't get engaged in the drama. So that's the value in that.

Darius: I have a question really quick. I don't know if you were going to cover this, but you have item four and five, which are these downloads of this Integrated Meditation to bring in and call in these higher frequencies. It sounds like to me what happens here is that people get this detox of the male energy and the female detox energy and then there is an energetic field detoxification process and then we actually get to pull in new energies once

we've detoxified the old ones. Is that what item four and item five are about?

Suzanna: Yeah. The Energy Field Detox is what we did today. Remember I said this is kind of a systemic approach? So that comes first – clear your meridian pathways. Then you do the male detox and then you do the Integration Meditation for a week while everything's integrating and then we'll do the female detox and, again, right before we do the female detox, you've got the recording, do the Energy Field Detox before our call and then we'll do the detox on the call and then after the call you've got the recording to do the Integration Meditation for another week and then on the third week do the Discover or Relationship Blueprint.

Darius: Wow. Wow. I've got a few other things here, real quick. I know we're going long, but I want to...The Emotional Security System that's also included in here, this security toolkit, tell me about that.

Suzanna: That's from my friend Crystal Hughes and it's a six-part video series that she put together – how to create healthy boundaries and to manage your energy field and how to clear energetic passion to people. We haven't learned that we're supposed to be getting our energy directly from Source and so we get it from other people. I talked about that in the *Celestine Prophecies*. That was a cool one.

Anyway, so this teaches you how to disconnect people who are tapping into your energy field and draining your energy and how to maintain your energy field and your emotional field, how to deflect negative energy if you feel is coming toward you. The more and more you do all this energy work, you become more sensitive. So you need to know how to really create healthy boundaries and maintain them.

Darius: It's very interesting when you said we're supposed to get our energy from Source and yet we get it from other people and from lower energy and the environment and I think that's really one of the key things I want everyone to get about what Suzanna is bringing us into and what she's here to really represent is that nothing come between you and getting that energy directly from Source where it always should be.

Really quick, I want to let people know – this is something that's tremendously discounted. It's a \$590 program. It's \$97 and we what we tell people to do is experience it, enjoy it, let it go in and do things that your body your mind, your consciousness, your whole essence, your being is here to do. Let it upgrade your divine software to where it should be so you can have the life that you were born to live and that you're wanting to live and it's at [www.youwealthrevolution.com/detox](http://www.youwealthrevolution.com/detox) and part of that is that detox and upgrade and upload scenario that we talk about.

Suzanna, I've got a quick question for you. What are some of the things that you've seen from people that do this work, that experience this upgrade? What are some of the most interesting or amazing things you've seen from people who do this work and really begin to embody it?

Suzanna: Well, the one that comes to mind, I guess, is the most recent one where a woman was in sales and she was working as an employee in a sales position and she wasn't being treated well. She wasn't being respected and she was bringing so much that was way beyond what her job description was because she couldn't even sell what they wanted to sell until she helped them and coached them through getting the right marketing and all of that.

So when I talked to her I found that...it's like *you really shouldn't be an employee in a sales position. You should be a sales consultant – a whole other level – and stop being the employee* because her gifts were not being recognized or appreciated and she was

feeling abused and that was her pattern and she had done this over and over and over again.

So she did the first two clearings and what happened was that the whole situation shifted to she was asked not to be an employee, but offered the position as a contractor and then at the same time she started getting all of these other people requesting her services. So she just jumped from being an employee – I mean this happened like within two weeks – to now being a sales consultant and contracting and working for several people and now she's in position where she can work for who she wants to or represent the products that she really believes in.

It happened so fast that it was astounding and it was kind of a whirlwind, but it all moved just like a giant step, a quantum leap, and going from not knowing how she was going to pay her rent to being able to ask for larger retainers just to get started and that big monthly consulting fee. So that's the kind of thing that can happen.

Right away people will start to notice that they're not triggered and a lot more peace and a lot more inner strength. Like they say, "I can't be shaken off my center or if I am I get back really quick and in the past this kind of stimulus would have had me spinning for weeks and now I'm just so grounded and so centered and so peaceful and just so confident that everything is working out for my highest good."

Darius: I love it. This is exactly what we're here to do at the *You Wealth Revolution* and what we're all here to do in our life is to really connect into what we are and create that quantum leap that is ours to have and when we begin to detox and then we begin to really upgrade the...we talk about the ascension process and really upgrading our internal vibration through activating our blueprint then these things become absolutely commonplace.

We have people writing in. I know we've gone long. I just want to acknowledge everybody who has been feeling things. Michelle said, "I began to feel warm and began to sweat. I now feel at ease. I feel less strained. Thank you very much, Suzanna and Darius."

Another person wrote in – Naseema. She said, "Thank you, Suzanna. This is brilliant. I love the way you do this. Thank you for the beautiful experience. I can't wait to buy your program and try it out. Thank you to you and Darius." Another person said, "Holy Moly. My feet got warm and it is as if I'm standing on a stovetop."

So people are definitely feeling this and wanting very much to continue this journey. So I just want to say, everyone, it's at [www.youwealthrevolution.com/detox](http://www.youwealthrevolution.com/detox) because that really is what we're doing and then we're activating from there and opening you up to this.

We tell people if you use this and for whatever reason you're not feeling absolutely like it was something that shifted your life in a huge way then let us know. We want you to be a 100% happy and so we will definitely refund you if for any reason you're not happy. It's just the way it must be. If you don't transform then we want you to be whole and complete and always be of service to you.

Suzanna, any final words for the group; I know we went a little bit long, but it was such a deep, rich call with so many processes and so many experiences and folds and layers that we opened up. I just valued every moment.

Suzanna: I want to thank everybody for coming to the call and for being who they are. I can see you all. You're just so beautiful and you came here on this planet and I want people to know it wasn't a mistake. There are so many people who feel like their life is a mistake and it wasn't.

Mother Earth called you because you have special gifts to contribute at this time. She called you and you answered her call

and she wants you to know how grateful she is and she will support you. Connect with her and she'll support you and Source will support you in being who you are and doing what you came here to do. There is so much support for you and so much love. Thank you.

Darius: Thank you very much, Suzanna, for being here and sharing and opening up your life and experiencing this so that we all can experience it. I think your journey had a very profound reason and it is all interconnected and intertwined lovingly with our journey. So thank you so much for being here and I would love you have you back for a Q&A if we can kind of maybe do some direct questions from people and things like that. So I hope that we can arrange that as well.

Suzanna: Oh, I'd love to. Thank you. Yes.

Darius: Fantastic!

End of Transcript